



Village News



Embrace the possibilities

420 S. Opdyke Rd · Pontiac, MI 48341 · www.pvm.org

May 2021

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Notes from Administrator

April showers bring May flowers. We are getting into those warm weather months and very much hope you are excited for warm weather. That being said, it's time for walking, fun and activities outside. Check out some of Joelle's exciting events coming up for the month of May. I very much hope to see you at some of our activities and events.

This is usually the time for spring-cleaning. We are very fortunate to present every Oakland Woods household with a "Spring Cleaning Kit". Please come to the office to receive your kit if you have not done so. We were very fortunate to have partnered with Ace to supply you will cleaning supplies for you to get that deep clean in. All was made possible with our friends from the United Way.

Speaking of cleaning, this could also be an excellent time for some outdoor patio clean up. The Oakland Woods team would love to assist you in patio maintenance if required. This could be reducing storage from the winter months and tidying up the area for the presentable view.

The Oakland Woods Maintenance team has received several calls about moving furniture out of occupied units. This has included mattresses, couches, washing machines, TV's, etc. We are always willing to help, and in order to be respectful to the demand of maintenance staff, and to ensure we can resolve all work orders during the day, we would like to offer a few solutions for residents in need of help with removing old furniture:

- Having a friend or family member of yours help, would help the demand on the Oakland Woods Staff tremendously
- Contact Sue Carney, Oakland Woods Service Coordinator, who may be able to help you find a proper mover

We have been experiencing an increase in old furniture left at the dumpster areas which cost the village more money when picked up by Waste Management. In fact, the special order pick up fee is \$120 per load. Therefore, please dispose of your furniture by other means versus leaving them at the dumpster areas. If removing old furniture from your unit, please call the office first, and we can provide a better solution to help you. Residents taking pride in the Oakland Woods Community help the Oakland Woods team, in return.

Finally, please remember to place your garbage bags into the dumpsters. Do not leave them on the ground next to the dumpsters – we will often find several bags of trash in each area that are left on the ground. Any help the Oakland Woods team can have in this would be greatly appreciated! Thank you.



The Village of
**Oakland
Woods**

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Look for PVM on:





It's Your Life. Live It Well.

By Tom Wyllie,
Director of Wellness

The Healing Power of Writing



Research shows that writing about emotional experiences can be good for your health. Given the events of the past year, there is unfortunately plenty to write about. The good news is that writing about such experiences can decrease anxiety, improve immune function, increase working memory, and improve sleep.

During or shortly after you finish writing, it is common to feel sad or depressed, however, these feelings usually subside. If you start to get upset when you write, stop or change topics.

What you write is completely up to you and is yours to do with what you want. Some people save and periodically revisit their writings, some edit and turn them into stories, while others erase,

burn, shred, flush, or tear them into tiny little pieces and cast them into the wind. Whatever you decide, the important thing is to write and be as honest with yourself as possible. To get the most from your writing sessions, the experts recommend you:

- Find a place and time to write where you will not be disturbed.
- Write about something that you are over-worrying about, is affecting your life in an unhealthy way, or you have been avoiding.
- Write continuously for 15-30 minutes (not worrying about spelling or grammar) for 3-4 consecutive days.
- Repeat what you have written if you run out of things to write about.
- Let go and explore your deepest emotions and thoughts.

After you put pen to paper, you may be pleasantly surprised at just how good you feel and how your outlook on life has changed for the better.



The Senior Advocate.

By Lynn Alexander,
Vice President of Public Affairs

OLDER AMERICANS MONTH

This May is the annual Older Americans Month as declared by the federal government and celebrated by seniors and the providers who serve them. This year’s theme is Communities of Strength, “recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.” We believe that it is essential to know that seniors not only built the communities which we enjoy but allowed us to stand on their shoulders when it comes to careers, families and leading a life of meaning.

This year, more than ever, we need to reach out to others and become a source of strength or simply a sounding board. This has been a very challenging year for all of us, some more than others. Yet, in the midst of our sorrows and fears, survivors have tapped into their resilience and their compassion for others. There is no doubt that our society will be very changed – in bad ways and in good.

Let’s all be a part of the movement for good. Have patience for others since they may be fighting many challenges. Reach out to neighbors and friends to make sure they are okay. Donate what you can to lighten the load for another human being. Most of all, be kind to yourself since you deserve that too. PVM has been working to maintain connection via remote learning, activities and celebrations.

Let’s hope and pray that next year we can once again celebrate in person. One lesson from what we have all experienced is that connection is what we have missed the most – more so than any material possessions.

4		5	3			7	1	
			4	1				
		7						
5	9					1	7	
7		1	9	5	2	4		8
	4	8					5	2
						6		
				2	9			
	6	4			3	2		9

Front Office News

By Sharon Benton

Administrative Assistant

Hello Residents,

Just a short note from the Administrative Assistant office. As all of you know, Hillary moved on to a new and exciting adventure. With that being said, I will be processing your HUD re-certifications. Much of the process will remain the same. You will still receive your packets in the mail. I am asking that you make sure you return your packet on the date assigned with all paperwork completed. I will review your packet upon return to verify that all information is included. On the Medical Information form, only list places you made a payment to in the previous twelve (12) months, doctors, pharmacies, hospitals, etc.

Be sure to include there complete names, phone and fax numbers. If you are a pet owner, make sure you include updated pet registration and shot records. All this information is also listed on the cover letter of your packet.

You will be contacted by the office for your final signing. A block of time will be given, and you can select a time within that block that you can come and sign.

Hopefully this information is helpful, and will not interrupt the smooth process you have become accustomed to.

Thank you for your patience and understanding.

May National Holidays

1- May Day

2- Brother & Sisters Day

4- Star Wars Day

6- National Nurses Day

8- No Socks Day

10- Clean Up Your Room Day

11- Eat What You Want Day

15- National Chocolate Chip Day

18- No Dirty Dishes Day

19- World Plant A Veggie Day

23- Lucky Penny Day

28- National Hamburger Day

30- Water A Flower Day



Dear Resident,

On April 2, 2021 HUD revised the Office of Multifamily Housing COVID-19 Q&A regarding the purchase of personal protective equipment (PPE). New guidance states: *“Items such as face coverings, or PPE (e.g., goggles and gloves), are an eligible medical expense if the item was purchased on or after March 27, 2020, and only for the period during which the national, state, or local COVID-19 emergency is in effect”*. Currently, there is still a National Public Health Emergency in effect.

This medical expense allowance **is retroactive**. If you have completed an Initial, Annual, or Interim certification between April 1, 2020 and present, you are eligible to include the purchase of facemasks, face shields/goggles, gloves, and hand sanitizer as a medical expense for deduction purposes.

You may certify these expenses on your next annual recertification (*only if you recertify in May, June, July, or August*). Otherwise, **you must request** a retroactive Interim Recertification to certify these expenses.

You must provide valid documentation of purchase (itemized receipt) showing the specific type of product/name of product, price of product, and date of purchase.

Please contact your Village Administrator or Administrative Assistant if you have any questions.

Sincerely,
PVM Compliance Department
PVM Directors of Housing Operations



2021 Events to Date:

From top left to right: Comedy Show Night, Good Friday Service, Exercise Classes, and Painting with a Twist.

Maintenance News

By Matthew Myers

Maintenance Lead

Happy Spring Residents!

The following calendar is what we hope to keep as a schedule for our May and June inspections, and it hasn't changed from our last newsletter but is included as a reminder.

It bears repeating that residents are not permitted to stop maintenance to put in work orders, and maintenance is not expected to pause our work to talk. That being said, we do stop when residents are flagging us down, because we care and worry that it could be an emergency. However, the work order system we have in place is the most efficient way for us to work, and we ask for you to respect the process and call your work orders into the office as is protocol. Please, do not rely on our memory, there are 216 units here and 2 maintenance workers. Thank you.

Also, a big thank you to all of the residents for making the insulation project move along without too many delays. The project was able to be completed ahead of schedule!

May-21

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
Mother's Day	Inspection: Buildings 1, 2, and 3	Inspection: Buildings 4,5, and 6	Inspection: Buildings 7, 8, and 9	Inspection: Buildings 10, 11, and 12		
16	17	18	19	20	21	22
	Inspection: Buildings 13, 14, and 15	Inspection: Buildings 16, 17 and 18	Inspection: Buildings 19, 20, and 21	Inspection: Buildings 22, 23, and 24		
23	24	25	26	27	28	29
	Inspection: Buildings 25, 26, and 27	Inspection: Buildings 28, 29, and 30	Inspection: Buildings 31, 32, and 33	Inspection: Buildings 34, 35, and 36		

Jun-21

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
30	31-May	1	2	3	4	5
	Inspection: Buildings 37, 38	Inspection: 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381	Inspection: 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393	Inspection 394, 395, 396, 397, 399, 1156, 1160, 1164, 1168, 1172, 1176, 1177		
6	7	8	9	10	11	12
	Inspection: 1181, 1183, 1185, 1189, 1193, 1197, 1201, 1205, 1209, 1213, 1217, 1221	Inspection: 1225, 1229, 1233, 1237, 1241, 1245, 1249, 1252,1256,1260, 1264,1268	Inspection: 1271,1275,1279, 1283 1287, 1291,1295			

Service News

By Sue Carney

Service Coordinator

Welcome May!

Spring is here and summer is on the way, how exciting! May is going to be a busy month here.

- Tuesday May 4, 1:30 p.m. There will be free blood pressure checks with Sabina from Angelic Heart Home Health Care. There will also be a representative here from Oak Street Health and a Medicare health provider that also offers transportation. If you have any questions for any of the above, come to the community center.
- Wednesday May 12, at 11 a.m. will be our Mother's Day Celebration. Ladies, whether you are a mom, an adopted mom, grandmother or Godmother, been a Mother figure in any role, you are welcome to come.
- Friday May 14, 12:30 p.m. PACE Program Presentation. Program of All-Inclusive Care for the Elderly, (PACE). Come and learn what the program is all about.
- Friday May 28. 12, Noon. Memorial Day Remembrance. Those who attend are asked to, if you can, to bring a picture of a loved one who has served in any branch of the military and who has passed on. If you want to share/ show your picture and talk briefly about your love one, there will be time.

For all the above, please mark your calendar and sign up in the sign up book in the office lobby that you will be attending. We need a firm head count on all of the above activities. Masks and social distancing needed. Limited capacity, you must sign up if attending.

I would like to take this opportunity to wish all the lovely ladies here at VOOW, a wonderful & Happy Mother's day May 9. May we all remember our Moms who have gone to be with the Lord and celebrate those women still with us and to all who have inspired us and nurtured us all to be loving and caring, respectful and patience.

Have a great month.....Sue



Wellness News

Joelle Baughman
Wellness Coordinator

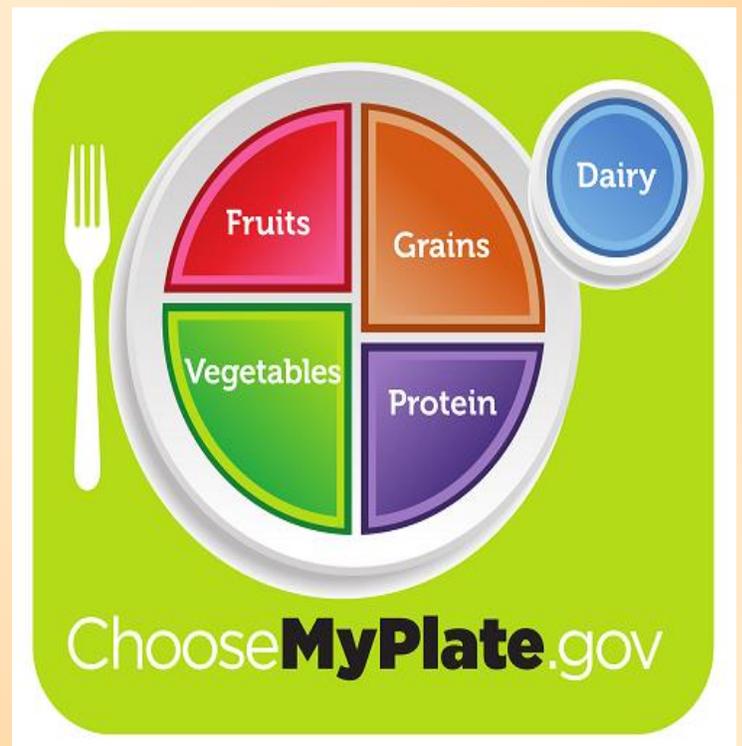
May flowers? I hope so! I am looking forward to nice weather and being able to walk around the Village and see all the pretty flowers and greenery. Time is going by so fast, April came and went. May is full of all kind of events, parties included. We have Cinco De Mayo, Mothers Day Brunch, and the Memorial Day Remembrance Celebration. We are bringing back BUNCO and horse racing, you should come join us.

If you have looked at the calendar, you will see VVC Practice that takes place on Tuesdays. When and where the 2021 Village Victory Cup is going to be is still up in the air, but we still are in need of many participants. Last year I got lots of requests about additional practice and I am yet to see those of you who requested it. The weather is nice out, get outside, walk down to the community center, and come join us.

As for before, if there is anything you would like to see on future calendars or ideas that you have, join us at the next calendar planning meeting. Don't forget to utilize the event sign up book that is located on the front table the front office Any other questions or concerns, stop by my office and we can chat. Lastly, Happy Mothers Day to all of the moms out there and let's have a good month!

Check out this helpful tool on how to manage your plate and portion sizes from the United States Department of Agriculture. Here's a few more quick tips:

- Focus on whole fruits
- Vary your veggies
- Make half your grains whole grains
- Vary your protein routine
- Move to fat-free or low-fat dairy products



MyPlate | U.S. Department of Agriculture. (2021). United States Department of Agriculture. <https://www.myplate.gov/>

May Events

- Exercise Class
- VVC Practice
- Cinco de Mayo Party
- BUNCO
- Walking Club
- Horse Racing
- Adult Coloring
- Mothers Day Brunch
- Calendar Planning
- Movie and Popcorn
- Birthdays and BINGO
- Spring Craft: Flower Pot Painting
- Memorial Day Remembrance



SPRING CLEANING KIT UPDATE:

The Spring Cleaning Kits changed from being dropped off, to you being able to pick them up April 27-April 30 from 11:00-1:00PM. After that week, the remainder of the kits will be delivered during unit inspections. There is no need to contact the office to set up appointments.

Birthday Celebration!

Happy Birthday to all of our
May Babies!

Mary Lou Endres	5/4
Glenetta Jenkins	5/4
Bob Robertson	5/6
Barbara Pryber	5/6
Lou McIntyre	5/13
William Terry	5/15
Marion VanBibber	5/17
Patricia Friend	5/18
Barbara Ridley	5/20
Riley Blue	5/21
Felicia Hollis	5/22



A GIFT IN YOUR WILL
can change the lives of seniors.

Presbyterian Villages of Michigan is able to provide the best quality housing, programs and services to seniors throughout Michigan with the generous support of **YOU** the donor.

Presbyterian Villages OF MICHIGAN THE FOUNDATION

Please consider a charitable bequest...
Find out how YOU can help future residents.
Contact your Village's Administrator or call 248-281-2040

Mothers Day Brunch:

Dress up or keep it casual. Food will be served. Plus, bring a picture of your mother, you as a mom, your children, your pet children, or anything else that relates as we create a mothers day wall.



Resident Council News

By *Philena Holdridge*

Resident Council President

Resident Council News

“Consider the ravens: they neither sow nor reap; they have neither storehouse nor barn, yet God feeds them. Of how much more value are you than the birds! And which of you by being anxious can add a single hour to his span of life?” Luke 12:24-25

In my anxious moments with my husband having pancreatic cancer, I must lean on verses such as this. God has given us much grace and strength to go through each day.

We thank God for all of your prayers here in our Village of Oakland Woods, which lift us up day by day. You truly bring rest to our souls.

Collection for Hygiene Kits

At our May 25th and June 22nd Resident Council Meetings, we will be collecting new trial size items for hygiene kits for Children’s Burn Camp in July and Grace Centers of Hope. See next page for details. There will be a collection container at each meeting that Philena will take home.

Mother’s Day Gathering

On Wednesday, May 12 at 11 AM, there will be a Mother’s Day Brunch for residents only. The Village Chorus will be singing. Please sign up in notebook in foyer.

Memorial Day Service

On Friday, May 28 at 12:00, there will be a service to honor service men and women who have passed away. Bring a picture of loved ones that have served. The Village Chorus will be singing. Come honor them with your presence.

Election of Officers

At next Resident Council Meeting on May 25, 1 PM, we will be voting for slate of officers: President: Philena Holdridge, Vice President: Becky Bolden, Secretary: Vernice Harper, Treasurer: Joyce Parlor

Also, anyone interested in volunteering to be an area representative from Area 4 and Area 5, please contact Philena@248-901-7939.

Enjoy our spring season! God’s fingerprints are all over creation!

Philena Holdridge, Resident Council President

Resident Council Board

Philena Holdridge, President

(248)977-3038

Becky Bolden, Vice President

(248)766-3684

Vernice Harper, Secretary

(248)622-4470

Joyce Parlor, Treasurer

(248)210-5678

WAB

Sun Mon Tue Wed Thu Fri Sat

2	3	4	5	6	7	8
	<p>10:00 Exercise Class</p> <p>12:00 Exercise Class</p>	<p>10:00 God's Word & Prayer</p> <p>11:00 Coffee and Bowling</p> <p>1:00 VVC Practice</p> <p>1:30 Blood Pressure Clinic</p>	<p>10:00 Exercise Class</p> <p>11:00 Village Chorus</p> <p>1:00 Cinco De Mayo Party</p>	<p>11:00 Walking Club</p> <p>1:00 BUNCO</p>	<p>10:00 Exercise Class</p> <p>12:00 Exercise Class</p> <p>1:00 Horse Racing</p>	
16	17	18	19	20	21	22
<p>Happy Mother's Day</p>	<p>10:00 Exercise Class</p> <p>12:00 Exercise Class</p> <p>1:00 Movie and Popcorn</p>	<p>10:00 God's Word & Prayer</p> <p>11:00 Coffee and Bowling</p> <p>1:00 VVC Practice</p> <p>1:30 Blood Pressure Clinic</p>	<p>10:00 Exercise Class</p> <p>11:00 Village Chorus</p> <p>12:00 Exercise Class</p>	<p>11:00 Walking Club</p> <p>1:00 Calendar Planning</p> <p>Fruits and Veggies</p>	<p>10:00 Exercise Class</p> <p>12:00 Exercise Class</p> <p>12:30 PACE Lunch/Learn</p>	
23	24	25	26	27	28	29
	<p>10:00 Exercise Class</p> <p>12:00 Exercise Class</p>	<p>10:00 God's Word & Prayer</p> <p>11:00 Coffee & Bowling</p> <p>1:00 Resident Council Meeting</p> <p>2:00 Blood Pressure Clinic</p>	<p>10:00 Exercise Class</p> <p>11:00 Village Chorus</p> <p>12:00 Exercise Class</p>	<p>11:00 Walking Club</p> <p>1:00 Spring Craft: Flower Pot Painting</p>	<p>10:00 Exercise Class</p> <p>12:00 Memorial Day Remembrance</p>	
30						
					<p>Exercise Activities Parties</p>	

**Presbyterian Villages
of Michigan
Mission Statement**

Guided by our
Christian heritage,
we serve seniors of
all faiths and create
new possibilities for
quality living.

www.pvm.org

Office Number

(248) 334-4379

Village Staff

Jon Hayes

Housing Administrator

Sharon Benton

Administrative Assistant

Jasmine Horton

Sales and Leasing

Joelle Baughman

Wellness Coordinator

Sue Carney

Service Coordinator

Matthew Myers

Maintenance Supervisor

Charles Williams

Maintenance Technician

EMERGENCY MAINTENANCE (248) 330-0213

ON-SITE SECURITY (586) 596-8185



Presbyterian Villages of Michigan Foundation serves Michigan seniors of all faiths by raising essential funds to support the mission of Presbyterian Villages of Michigan for the greatest needs of our residents. A gift to Presbyterian Villages of Michigan Foundation is truly an investment in our residents. For more information on how you can help Michigan seniors, call Presbyterian Villages of Michigan Foundation at **248-281-2040** or visit www.pvmfoundation.org

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